



SCHOOL LUNCH

WHAT'S COOKING?



What Makes A Lunch?






















Lunch is based on 3-5 choices

(fruit, vegetable, grain, protein, and milk) daily.


Students must choose a fruit or vegetable with their lunch.

This institution is an equal opportunity provider.

February Elementary Lunch \$2.75

Offered Daily	Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> Homestyle Chicken Sandwich Hummus, Cheese Stick & Sun Chips Cheddar Snack Mix  Galaxy Cheese Pizza  Yogurt & Zee Zee Bar  				<p>2/1</p> <p>Asian Chicken Salad w/ Crispy Noodles</p>	<p>2/2</p> <p>Spaghetti with Garlic Bread</p>
<ul style="list-style-type: none"> Chicken Nuggets with Biscuit Hummus, Cheese Stick & Sun Chips Cheddar Snack Mix  Galaxy Cheese Pizza  Yogurt & Zee Zee Bar  	<p>2/5</p> <p>Grilled Cheese </p>	<p>2/6</p> <p>Make Your Own Nachos</p>	<p>2/7</p> <p>All American Cheeseburger</p>	<p>2/8</p> <p>Macaroni & Cheese</p>	<p>2/9</p> <p>Turkey & Cheese Sub Sandwich with Sun Chips</p>
<ul style="list-style-type: none"> Homestyle Chicken Sandwich Hummus, Cheese Stick & Sun Chips Cheddar Snack Mix  Galaxy Cheese Pizza  Yogurt & Zee Zee Bar  	<p>2/12</p> <p>Bean & Cheese Burrito </p>	<p>2/13</p> <p>Chicken Corn Dog</p>	<p>2/14</p> <p>Mandarin Orange Chicken w/ Brown Rice</p>	<p>2/15</p> <p>Spaghetti with Garlic Bread</p>	<p>2/16</p> 
<ul style="list-style-type: none"> Chicken Smackers with Biscuit Hummus, Cheese Stick & Sun Chips Cheddar Snack Mix  Galaxy Cheese Pizza  Yogurt & Zee Zee Bar  	<p>2/19</p> 	<p>2/20</p> <p>Make Your Own Nachos</p>	<p>2/21</p> <p>All American Cheeseburger</p>	<p>2/22</p> <p>Chicken Caesar Salad w/ Honey Graham Crackers</p>	<p>2/23</p> <p>Chicken Double Dogs</p>
<ul style="list-style-type: none"> Golden Crispy Chicken Tenders Hummus, Cheese Stick & Sun Chips Cheddar Snack Mix  Galaxy Cheese Pizza  Yogurt & Zee Zee Bar  	<p>2/26</p> <p>Macaroni & Cheese </p>	<p>2/27</p> <p>Mini Chicken Tacos</p>	<p>2/28</p> <p>Gluten Free Teriyaki Chicken w/ Brown Rice </p>		

Capistrano Unified School District strives to provide each student with a nutritious meal everyday. We offer a variety of vegetarian, vegan and gluten free options. All breads, pizza crusts, rice, cereal and tortillas are whole grain.

 = Vegetarian * = Contains Pork

** Menu subject to change without notice **

Daily Fresh Fruit and Vegetable Options May Include:

- Apple Juice, Orange Juice, Crisp Fresh Apples, Canned Pears, Fresh Oranges Slices, Kiwi, Raisins, Canned Peaches, Fresh Pear, Banana, and Applesauce Cup
- Baby Carrots, Cooked Yellow Corn, Veggie Beans, Baked Potato Rounds, Broccoli Florets, Celery Sticks, Jicama Sticks, and Salad Greens

1% Milk or Nonfat Chocolate Milk